

CPR & FIRST AID TRAINING

Did you know CPR guidelines have changed? New 2005 guidelines recommend rescuers should give 30 fast chest compressions then two quick 1 second breaths to all adults, children and infants needing CPR.

CPR POCKET GUIDE

CALL



CALL 911

BLOW



**TILT HEAD,
LIFT CHIN,
CHECK
BREATHING**



**GIVE TWO
BREATHS**

PUMP



**POSITION
HANDS IN THE
CENTER OF
THE CHEST**



**FIRMLY
PUSH DOWN
TWO INCHES
ON THE CHEST
30 TIMES**

**CONTINUE WITH TWO BREATHS
AND 30 PUMPS UNTIL HELP ARRIVES**

Additional CPR directions for infants:

- If alone w/an infant OR child, give two minutes of CPR before calling 911.
- Compression to ventilation ratio is also 30:2.
- Use 2 small gentle breaths if the baby is NOT breathing.
- Cover the baby's mouth and nose with your mouth.
- Each breath should be 1 second long.
- You should see the baby's chest rise with each breath.
- Use two or three fingers in the center of the chest (just below the nipple line).
- Press down approximately one-third the depth of the chest.
- Give 30 gentle chest compressions at the rate of 100 per minute.

Additional CPR directions for children ages 1-8:

- Compression to ventilation ratio is 30:2.
- As in adult CPR, each normal 1 second breath should produce visible chest rise (2 rescue breaths to 30 chest compressions).
- Use the heel of one or two hands for chest compressions.
- Press down approximately one-third the depth of the chest.

CPR courses are offered through cities, the Red Cross, schools, community classes and homeowner associations.

Sample Red Cross of Orange County courses: <http://arc-orangecounty.axxiomportal.com/Education/catalog.aspx?c=508>

Inexpensive CPR classes are also offered through most cities. Search the following sample sites by using "CPR" or "First Aid" as your search queries. Sample City of Irvine classes: <http://www.irvinequickreg.org/>

Sample City of Newport Beach classes (use the "Advanced Search" option): <http://www4.city.newport-beach.ca.us>

CERT TRAINING. You also may want to consider CERT training. The Community Emergency Response Team or CERT Program is designed to prepare you to help yourself, your family, and neighbors in the event of a catastrophic disaster. CERT Training covers basic skills when emergency help is unavailable. For more information, view the following sites:

City of Newport Beach CERT Training: <http://nbcert.org/CERTClassSchedule.htm>

City of Irvine CERT Training : http://www.ci.irvine.ca.us/ipd/divisions/emergency_mgmt/cert.asp